

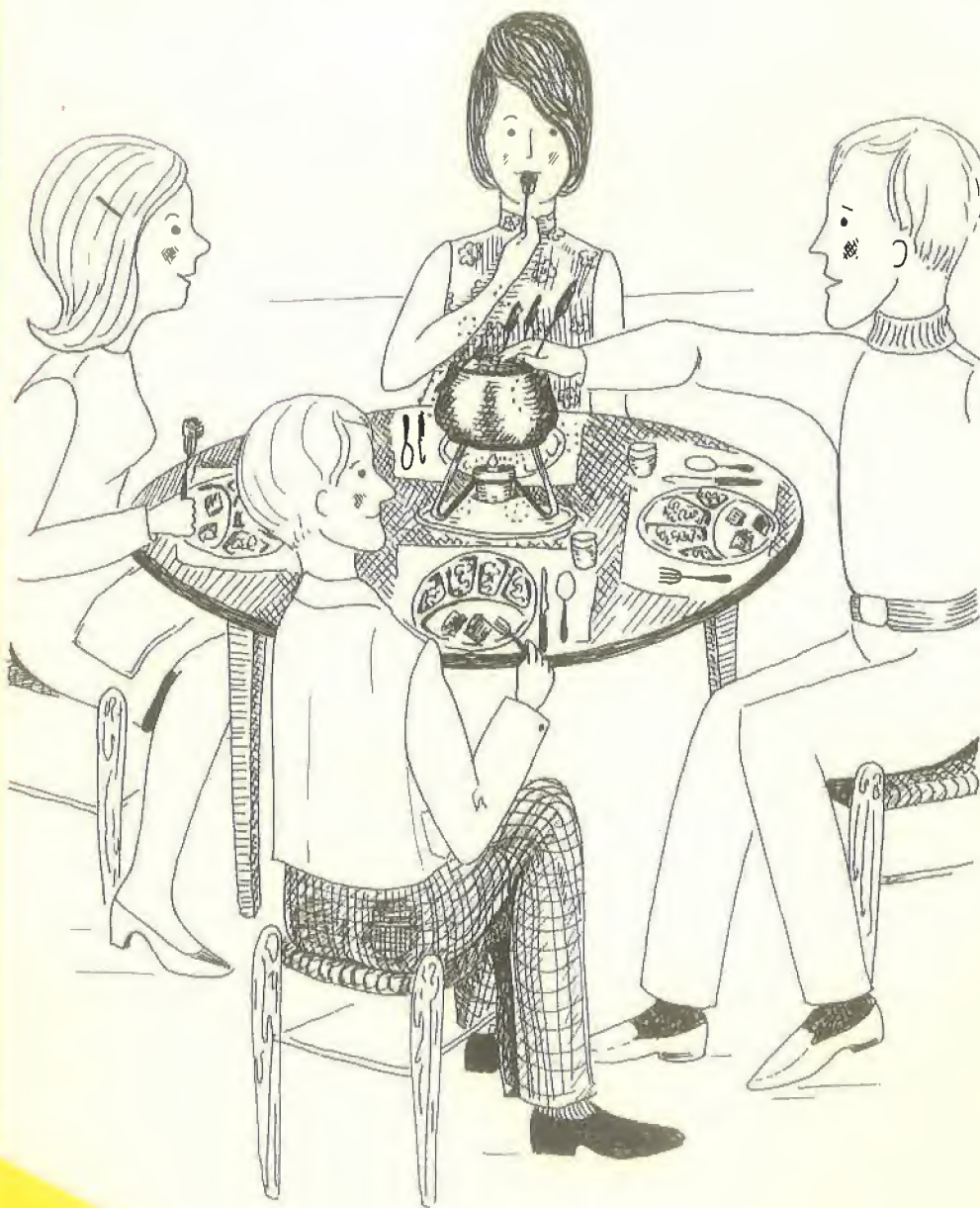
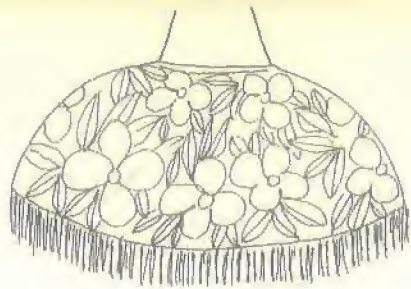
# FONDUE





# COOK-IN


published by  
**Potpourri**  
**Press**



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*Rebecca Crutchfield*



## A FONDUE COOK-IN

The success of your party is insured at the moment you decide to cook fondue! From  your oldest cronies  to your newest acquaintances, conversation will flow free and easy over a meal that takes from one to two hours to complete.

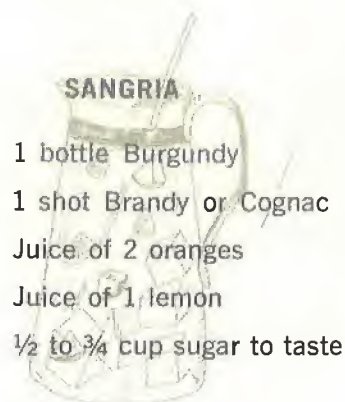
After greeting your guests and while final preparations are being made, deviate from the standard highballs or cocktails-routine and serve a sampling of the wine  planned for dinner. Limit finger foods to a bare minimum — just enough to keep the men happy until all guests arrive. Then, as soon as possible, seat everyone and let the festivities begin.

Rather than anything real elaborate for an appetizer, serve a hot soup such as French onion with croutons. White lotus bowls are both perfect for serving soup and unusual in appearance (bound to bring  a compliment from the gals). With the meal, a generous  salad will usually be all that is necessary (Caesar's or Greek would be our preference).



## LIBATIONS

With either cheese or seafood fondues, we recommend a light wine such as a dry Sauterne, a Rhine wine or, above all, Champagne. For beef fondue our heartiest recommendation is Sangria. Burgundy or Rose' are also most complementary.



Mix the above ingredients and chill. Float wedges of cored but unpeeled apple plus wedges of an unpeeled orange in a large pitcher of Sangria. Pour over ice in water goblet. Serves 4.

## DESSERTS

Chocolate fondue with fresh fruit is our number one choice (recipe in back) but a fruit sherbet or ambrosia would be just about as fit a finish to a spectacular meal. An easy and colorful surprise is lime sherbet topped with frozen raspberries.




P.S. Children get a bang out of a fondue cook-in too. — don't neglect them. Age 6 and up can actually do the cooking themselves.

## PREPARATIONS


Plan to have one fondue pot for every 4 or 5 people, as more forks than that in the pot at one time makes things too crowded. Every person has not only a regular set of utensils but also a fondue fork which is used to cook beef or seafood or dip bread into cheese in the case of cheese fondue.




It is necessary to make provisions for various sauces into which the cooked morsels are dipped. Some prefer regular fondue plates  that have sections for dips and beef, bread, or seafood. Others simply use small lotus bowls (in white or a variety of colors) for each sauce. A set of 3 bowls (or however many sauces you plan to serve) can be positioned between a couple for their mutual use.


Be sure when cooking beef fondue, to use a table cloth which can be washed, or cook on a table which can be cleaned with a good cream polish after the evening is over. While most pots come with a tray on which to cook, there will be a small amount of splattering and dripping during the evening and "clean-up" will be easier if a few such precautions are taken.


## SELECTING A POT


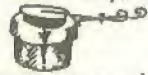
Selecting the right pot is important in making preparation for your first party. Most pots can be used for either beef or cheese, however, it is important to note that earthenware  is appropriate for cheese or dessert chocolate fondue only. The reason for this is that the temperature required for these two types is

lower and the earthenware can easily stand it. Heating oil, on the other hand, to the "almost smoking" temperature can crack earthenware.

A chafing dish  is an excellent container to use for cheese since the water in the double boiler portion assures you the cheese will not burn. And, if a bridge luncheon for 8-12 or so is planned, a simple double boiler can be used to make cheese fondue in the kitchen, later to be served over toast points with a fruit salad on the side.

Likely the most versatile  pot for **double** usage would be porcelainized cast iron. This type of pot spreads heat evenly and holds it for an extended period of time. It can be heated very hot for oil or moderately for cheese.

Metal pots  are most usually used for beef fondue but can also be used for cheese. When used for cheese, care must be exercised to keep the temperature at a level that the cheese will stay hot and yet not burn and stick.

The type of burner a particular pot uses will be either alcohol  or Sterno  Both are satisfactory and both can be found in either very expensive or inexpensive sets. One must be able to regulate the heat, however. If an alcohol burner is used—buy denatured alcohol from a hardware store and fill the burner prior to lighting. Small cans of Sterno are available at most grocery and hardware stores.

Do not expect the burner, either alcohol or Sterno, to heat the

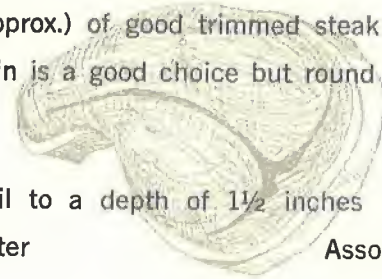
pot for you. This must be accomplished on the stove and then brought to the table. It may even be necessary, during a long meal, to take the pot back to the stove to get it hot again.

## BEEF FONDUE

½ lb. (approx.) of good trimmed steak per person  
(top sirloin is a good choice but round may be too tough)

Peanut oil to a depth of 1½ inches in your pot  
¼ lb. butter

Assorted Sauces



Cut steak into cubes, not larger than 1" square and season to your taste with garlic salt and/or salt. Heat peanut oil on the stove until nearly smoking hot. Add the stick of butter and cover until the sizzling slows down. Just prior to serving, light the fondue burner and bring the pot with oil to the table. Spear beef cube with fondue fork and dip into the oil, allowing it to cook for 10-20 seconds (rare) to 50-60 seconds (well done). Remove meat from fork and start another chunk cooking. Then dip the cooked steak (using a dinner fork) into your favorite sauce. Serve with a salad, hot French bread and wine. Enjoy!

### FISH FONDUE

Serves 4 to 6

- 1 lb. shrimp, med. size, peeled and deveined
- 1 lb. scallops or swordfish cut into 1" cubes
- Peanut oil to a depth of 1½ inches in your pot
- ¼ lb. butter
- Assorted Sauces

Heat peanut oil on the stove until nearly smoking hot. Add the stick of butter and cover until the sizzling slows down. Just prior to serving, light the fondue burner and bring the pot with oil to the table. Spear shrimp, swordfish, or scallops with fondue fork and cook in oil until done (fish will lose transparent appearance and become firm). Season with salt (or seasoned salt) and dip in sauces of your choice such as Remoulade, dill, horseradish or a cocktail sauce (ketchup and horseradish mixed to taste).

### SWISS FONDUE #1

Serves 4

- 1 split clove of garlic
- 1 cup dry white wine
- 1 lb. Swiss cheese, grated
- French bread, in 1" cubes
- 2 tsps. cornstarch
- 4 tbsp. Kirsch (or brandy)
- Freshly ground black pepper

Rub pot with garlic, add wine and heat on stove until bubbles begin to rise. Do not boil. Toss cheese with cornstarch and add to hot wine, a handful at a time cooking over low heat until cheese is melted and smooth, stirring constantly with wooden spoon. Stir in Kirsch and sprinkle with pepper. Light burner, set pot on unit, spear bread with fondue fork and dip away.

### SWISS FONDUE #2

Serves 4

- 1 split clove of garlic
- 1 cup dry white wine
- 1 lb. Swiss cheese, grated
- French bread, in 1" cubes
- 2 tsps. cornstarch
- 1 tsp. Worcestershire sauce
- Dash nutmeg
- 1 tsp. dry mustard
- Salt

Rub pot with garlic, add wine and heat on stove until bubbles begin to rise. Do not boil. Toss cheese with cornstarch and add to hot wine, a handful at a time, cooking over low heat until cheese is melted and smooth, stirring constantly with wooden spoon. Add other seasonings and salt to taste. Light burner, set pot on unit, spear bread with fondue fork and dip away.

### FONDUE GRUYERE

Serves 4

- 1 split clove of garlic
- 2 cups dry white wine
- ¾ lbs. gruyere cheese, grated
- ½ tsp. salt
- ⅛ tsp. cayenne pepper
- Dash nutmeg
- 2 tbsp. cognac or brandy
- French bread and apple wedges

Rub pot with garlic, add wine and heat on stove until it bubbles, then add the cheese a little at a time until it melts. Add the balance of the ingredients, stirring well; spear the bread and apple wedges and dip them in the cheese.



## SEAFOOD CHEESE FONDUE

Serves 6-8

1 split clove of garlic	French bread in 1" cubes
2 cans frozen shrimp soup	Steamed shrimp, scallops, King
1 cup milk	crab or lobster chunks
1 lb. Swiss cheese, grated	Fresh ground pepper
Paprika	



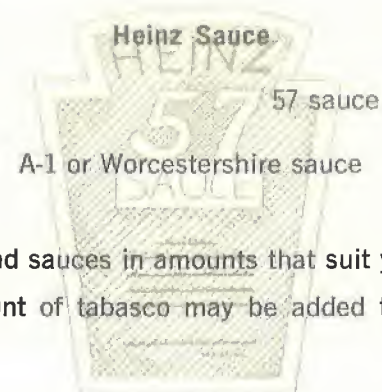
Rub pot with garlic. Heat soup in pot and beat until smooth. Slowly add milk and beat again. Add cheese slowly, stirring as it melts. Sprinkle with pepper and paprika and place over burner. Dunk the seafood and bread using fondue forks.

## SAUCES FOR BEEF OR FISH FONDUE

### Mustard Sauce

3/4 cup mayonnaise	1 tbsp. dry mustard
2 tbsp. wine vinegar	3 tbsp. Hickory Farm sweet, hot mustard
	Mix well

3/4 cup ketchup



A-1 or Worcestershire sauce

Mix ketchup and sauces in amounts that suit your personal taste. A **very** small amount of tabasco may be added to make this a hot sauce.

### Sauce Verti

1 1/2 cups mayonnaise	1 tsp. chopped dill
1 1/2 tbsp. chopped chives	3/4 cup chopped parsley
1 tsp. chopped tarragon	Mix well

### Curried Mayonnaise

1/4 cup lemon juice	1 egg
1/4 tsp. dry mustard	3/4 cup olive oil
1/3 tsp. salt	3/4 tbsp. curry powder

Place all ingredients except oil in blender. Add 1/4 cup oil and turn to low speed, gradually adding the remaining 1/2 cup.

### Sauce Espagnole

2 shallots or green onions minced    ¼ cup red wine  
½ clove of garlic, minced    ½ small can beef gravy

Simmer onions and garlic in wine until wine is reduced to half the quantity. Stir in beef gravy and simmer for 5 minutes.

### Tartar Sauce

1 tbsp. chopped capers    1 tbsp. chopped sweet pickle  
1 tbsp. chopped green olives    1 cup mayonnaise  
1 tbsp. chopped parsley    1 tbsp. minced onion (if desired)

Drain ingredients and mix well.

### Horseradish Sauce

1 cup sour cream    2 tbsp. fresh, dried or frozen  
1 tbsp. horseradish    chives

Mix well

### Mushroom Sauce

3 mushrooms chopped    2 tbsp. sherry  
2 shallots or green onions minced    ½ small can beef gravy  
1 tbsp. butter

Sauté mushrooms and onions in butter for 5 minutes. Add sherry and gravy and simmer for 5 minutes.

### Remoulade Sauce

1 cup mayonnaise    1 tsp. dried tarragon  
1 egg hard boiled and chopped    1 tsp. anchovy paste  
1 tsp. dry mustard    1 tsp. capers  
1 minced clove of garlic

Mix well

### Dill Sauce

1 cup sour cream    1 tsp. grated onion  
1 tbsp. minced parsley    Chopped fresh or dried dill  
1 tbsp. lemon juice    to taste  
1 tsp. chopped chives

Mix well

### Anchovy Butter

1 2 oz. can anchovy fillets    ½ tsp. paprika  
1/3 cup butter, softened    1/8 tsp. freshly ground pepper  
2 tbsp. olive oil    Cream ingredients well



### Green Goddess Dip

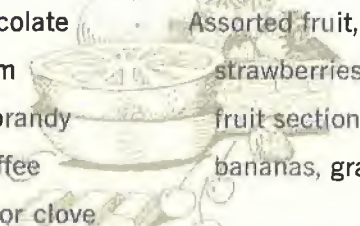
6 ounces cream cheese	1 teaspoon finely chopped onion
2 tablespoons milk	½ teaspoon salt
½ cup finely chopped cucumber	¼ teaspoon ground cumin

Allow cream cheese to soften at room temperature. Blend in milk. Combine with remaining ingredients.

### CHOCOLATE DESSERT FONDUE

Serves 4

3 3 oz. bars of chocolate	Assorted fruit, such as cherries,
3 tbsps. fresh cream	strawberries, orange and grape-
2 tbsps. Kirsch or brandy	fruit sections, apple wedges,
½ tbsp. instant coffee	bananas, grapes, etc.
1 pinch cinnamon or clove	



Dissolve the chocolate in a chocolate fondue pot or small chafing dish. Add the remaining ingredients and stir well. Place the pot on a candle warmer or **very** low alcohol or Sterno flame. Making sure the fruit is dry, dip it into the chocolate for a dessert.

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